



NASHOBA YOUTH HOCKEY  
ASSOCIATION

P.O. Box 681  
Westford, MA 01886  
www.nashobahockey.com

## CONCUSSION POLICY

### Purpose

Nashoba Youth Hockey Association (NYHA) is committed to the safety and well-being of all players. Concussions are serious injuries that can have lasting effects if not properly recognized and managed. This policy outlines the steps NYHA will take to prevent, identify, and manage concussions in accordance with USA Hockey and Massachusetts Hockey rules.

### Education and Awareness

**Coaches and team managers** will review the NYHA Concussion Policy and USA Hockey Concussion Management Program materials each season.

**Parents and players** are encouraged to review USA Hockey's Concussion Management Program materials, available at [usahockey.com/concussion](http://usahockey.com/concussion).

**NYHA** will include a link to NYHA Concussion Policy and USA Hockey Concussion Management Program for families during the registration process each season.

### Concussion Protocol

Any player suspected of having a concussion must be immediately removed from play or practice. Once removed, the player will not be allowed to return to play until the concussion protocol is complete.

#### **1. Removal from Play**

A coach, official, or team representative who *observes* a player exhibiting signs, symptoms, or behaviors consistent with a concussion or *suspects* the player of sustaining a concussion will immediately remove the player from any training, practice, or game. This applies to reports of concussion that may have occurred outside of NYHA sanctioned events.

The coach, official, or team representative will immediately inform parents/guardians of the decision to remove their child from play.

Signs and symptoms may include, but are not limited to: headache, dizziness, confusion, loss of balance, nausea, blurred vision, or any loss of consciousness.

See [USA Hockey concussion symptom information / assessment tool](#)

## 2. Medical Evaluation and Clearance

Players suspected of having a concussion **must be evaluated by a qualified medical provider** prior to returning to physical activity. Parents or guardians are responsible for finding a qualified medical provider, scheduling and bringing their child to the appointment, and ensuring the medical provider completes the Return to Play Form.

The player **may not return to play** (practice or games) until they:

- Receive clearance by a qualified medical provider,
- Submit a completed **Return to Play Form** signed by the qualified medical provider and to the NYHA Coach for signature, and
- The NYHA Coach files the form with the NYHA Player Safety Coordinator and President.

NYHA will provide families with the official USA Hockey **Return to Play** form upon request.

## 3. Return to Play

Once cleared by a qualified medical provider, the player will return to activity following a **gradual, stepwise progression** as outlined by USA Hockey:

- Light aerobic exercise (no contact),
- Sport-specific exercise (no contact),
- Non-contact practice drills,
- Full-contact practice (only after medical clearance),
- Game play,

If symptoms recur during any stage, the player must stop activity and return to the step 3 until symptoms resolve.

## 4. Record Keeping and Reporting

Coaches are required to complete a **Concussion Report Form** whenever a player is removed for suspected concussion.

The form must be submitted to the NYHA Player Safety Coordinator and President within 24 hours of the incident.

The **USA Hockey Return to Play Form** will be submitted to the USA Hockey District Player Safety Coordinator and kept on file by NYHA for the remainder of the season.

### Enforcement

Failure to follow this policy may result in disciplinary action by NYHA or the league, including suspension of coaching privileges. The safety of our players is our top priority.

### Resources

- USA Hockey Concussion Management: [www.usahockey.com/concussion](http://www.usahockey.com/concussion)
- CDC “HEADS UP” Concussion Program: [www.cdc.gov/headsup](http://www.cdc.gov/headsup)